



La senda del corredor (Spanish Edition)

Adharanand Finn

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Un viaje a la legendaria cultura de Japon, la nacion mas obsesionada en correr en la tierra, un lugar donde la carrera de 135 millas es el mayor evento anual deportivo del pais. Miles de corredores profesionales compiten por equipos corporativos en algunas de las carreras mas competitivas del mundo. Los monjes corren mil marathons en mil dias para alcanzar la iluminacion espiritual. El autor paso seis meses inmerso en esta cultura para descubrir lo que nos puede enseñar a la vez el deporte y Japon. Como corredor aficionado a punto de cumplir 40, tambien esperaba averiguar si el enfoque japonés le podria ayudar a correr mas rapido. Lo que aprendio - acerca de la competencia, el trabajo en equipo, la forma, lograr objetivos personales, y sobre si mismo- fascinara a cualquier persona dispuesta a explorar por que corremos y como podriamos hacerlo mejor. / Thousands of professional runners compete for corporate teams in some of the most competitive races in the world. Marathon monks run a thousand marathons in a thousand days to reach spiritual enlightenment. Adharanand Finn - award-winning author of *Running With The Kenyans* - spent six months immersed in this unique running culture to discover.

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Paul Howell:

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